



# MARCH 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Anne Arundel Services:</b> <ul style="list-style-type: none"> <li>• BF Classes</li> <li>• BF Support Groups</li> <li>• 1-on-1 consults with Breastfeeding Peer Counselor or the Lactation Consultant</li> </ul> <b>For more information:</b> <a href="http://www.aahealth.org/pdf/breast-feeding-resources.pdf">http://www.aahealth.org/pdf/breast-feeding-resources.pdf</a>			<b>To Contact a Breastfeeding Peer Counselor near you or the Breastfeeding Coordinator:</b> (410) 222-6797  <b>For Breastfeeding support:</b> (410) 222-0085 {English} (410) 222-0139 {Spanish}		1	2
3	4	5	6	7 North County Breastfeeding Support Group 9:30 am - 11:30 am	8 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	9
10	11	12	13 North County Getting Started with Breastfeeding 5-6 pm	14	15	16
17	18	19	20 Annapolis Getting Started with Breastfeeding 5-6 pm	21 North County Breastfeeding Support Group 9:30 am - 11:30 am	22 Annapolis Breastfeeding Support Group 9:30 am - 10:30 am Annapolis Getting Started with Breastfeeding 11 am - 12 noon	23
24/31	25	26 North County Getting Started with Breastfeeding 10:00 am – 11:00 am	27 North County Getting Started with Breastfeeding 5-6 pm	28	29	30



# APRIL 2019

**Maryland WIC**  
Better Nutrition Brighter Future

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	1	2	3 Getting Started with Breastfeeding 5-6 pm Annapolis	4 North County Breastfeeding Support Group 9:30 am - 11:30 am	5	6
7	8	9	10 North County Getting Started with Breastfeeding 5-6 pm	11	12 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	13
14	15	16	17	18 North County Breastfeeding Support Group 9:30 am - 11:30 am	19	20
21	22	23 North County Getting Started with Breastfeeding 10:00 am – 11:00 am	24 North County Getting Started with Breastfeeding 5-6 pm	25	26 Annapolis Breastfeeding Support Group 9:30 am - 10:30 am Annapolis Getting Started with Breastfeeding 11 am - 12 noon	27
28	29	30				



# MAY 2019

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			1 Annapolis Getting Started with Breastfeeding 5-6 pm	2 North County Breastfeeding Support Group 9:30 am - 11:30 am	3	4
5	6	7	8 North County Getting Started with Breastfeeding 5-6 pm	9	10 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	11
12	13	14	15	16 North County Breastfeeding Support Group 9:30 am - 11:30 am	17	18
19	20	21	22 North County Getting Started with Breastfeeding 5-6 pm	23	24	25
26	27 <b>Memorial Day</b>	28 North County Getting Started with Breastfeeding 10:00 am – 11:00 am	29	30	31 Annapolis Breastfeeding Support Group 9:30 am - 10:30 am Annapolis Getting Started with Breastfeeding 11 am - 12 noon	

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